

AQUATICS DROP IN AEROBICS SCHEDULE

Summer 2011

703-866-0566

All water aerobics classes can be taken for a drop in fee

Or use of your Aqua Flex Pass

Fairfax County Resident \$12 Non-County Resident \$15

New sessions Begin June 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Aerobics 8-8:55AM Mariane	Aerobic Water Exercise 8-8:55 AM Mariane	Deep Water Aerobics 8-8:55AM Elaine	Aerobic Water Exercise 8-8:55 AM Elaine	Deep Water Aerobics 8-8:55AM Mariane
Aerobic Water Exercise 9-9:55 AM Mariane	Aerobic Water Exercise 9-9:55 AM Mariane	Aerobic Water Exercise 9-9:55 AM Elaine	Aerobic Water Exercise 9-9:55 AM Elaine	Aerobic Water Exercise 9-9:55 AM Mariane
Water Walking 11-11:55		Water Walking 11-11:55		
Arthritis Water Exercise 10-10:55 AM Mariane	Arthritis Water Exercise 10-10:55 AM Tori	Arthritis Water Exercise 10-10:55 AM Elaine	Arthritis Water Exercise 10-10:55 AM Elaine	Arthritis Water Exercise 10-10:55 AM Mariane
	Arthritis Water Exercise 11-11:55 AM Tori		Arthritis Water Exercise 11-11:55 AM Elaine	
Aerobic Water Exercise 6:05-7:00 Michelle	Deep Water Exercise 6:25-7:20 Mariane	Aerobic Water Exercise 6:05-7:00 Linda	Deep Water Exercise 6:25-7:20 Ellen	
	Aerobic Water Exercise 7:25-8:20PM Mariane		Aerobic Water Exercise 7:25-8:20PM Ellen	